

Mero Healthline AHW Question solution

प्रदेश लोक सेवा आयोग

कोशी प्रदेश

प्रवेश/स्थानीय स्वास्थ्य सेवा, हे.ई. समूह, चौथो तह, अ.हे.व. पदको खुला तथा समावेशी
प्रतियोगितात्मक लिखित परीक्षा

Key [A]

प्रथम पत्र परीक्षा

मिति: २०८२/०१/२७ गते

पूर्णांक: १००

समय : ४५ मिनेट

विषय : सेवा सम्बन्धी

उत्तीर्णाङ्क : ४०

बस्तुगत बहुवैकल्पिक प्रश्न (Multiple Choice Questions)

उत्तरपुस्तिकामा प्रश्नपत्रको KEY अनिवार्य रूपले उल्लेख गर्नुपर्नेछ । उल्लेख नगरेमा उत्तरपुस्तिकामा रद्द हुनेछ । साथै परीक्षामा Calculator, Mobile, Smart watch लगायतका विद्युतीय उपकरणहरू प्रयोग गर्न पाइने छैन ।

- Which of the following is **NOT** considered one of the primary vital signs?
A. Heart rate (Pulse rate)
B. Blood pressure
C. Blood temperature
D. Blood sugar level
- Cold applications for short periods of time produce:
A. Local anesthesia
B. Peripheral vasodilation
C. Depression of blood supply
D. Decreased viscosity of blood
- Which disease is commonly spread by the Aedes mosquito?
A. Kala-azar
B. Dengue fever
C. Filaria
D. Japanese Encephalitis (JE)
- Which of the following is a common symptom of heat stroke?
A. Excessive shivering and cold skin
B. High body temperature (above 104°F or 40°C) and confusion
C. Increased appetite and drowsiness
D. Decreased heart rate and shallow breathing
- The causative agent of chicken pox is:
A. Variola virus
B. Varicella-zoster virus
C. Myxovirus
D. Poxvirus
- EDD (Estimated Date of Delivery) is from the start of the LMP.
A. 10 months+7 days
B. 10 months-7 days
C. 9 months-7 days
D. 9 months+7 days
- The adverse effects of maternal malnutrition is:
A. Low birth weight
B. Toxemias of pregnancy
C. Post-partum hemorrhage
D. All of the above
- Which of the following is a danger sign in the third trimester of pregnancy?
A. Sudden swelling of the hands, face or legs
B. Frequent urination
C. Increased vaginal discharge
D. Mild shortness of breath after physical exertion
- Which of the following is an example of a vaccine that protects against bacterial infections?
A. Measles, Mumps, Rubella (MMR)
B. Diphtheria, Pertussis and Tetanus (DPT)
C. Influenza
D. Polio
- Which of the following is a correct method of handling multidose vaccine vials after opening?
A. Keep them at room temperature for the next use

- B. Discard immediately after the first use
- C. Store in the refrigerator and use within the recommended time frame**
- D. Freeze them to extend shelf life

11. What is the main symptom of appendicitis?

- A. Chest pain
- B. Severe abdominal pain in the lower right quadrant**
- C. Breathing difficulty
- D. Frequent urination

12. The multiplication of bacteria in blood with release of toxins is called as:

- A. Septicaemia**
- B. Bacteremia
- C. Cellulitis
- D. Abscess

13. What is the main goal of Primary Health Care (PHC)?

- A. To provide specialized medical services
- B. To promote preventive care and improve health equity**
- C. To treat only emergency cases
- D. To focus on high-cost treatments

14. The causative agent of poliomyelitis is

- A. RNA enterovirus**
- B. RNA rotavirus
- C. DNA parvovirus
- D. DNA papovavirus

15. Which of the following is a prokaryotic micro-organism?

- A. Virus

- B. Fungi
- C. Protozoa
- D. Bacteria**

16. What is the primary cause of anemia?

- A. Excessive iron intake
- B. Lack of iron in the diet**
- C. Overconsumption of vitamins
- D. Excessive exercise

17. Which of the following is a vaccine-preventable disease?

- A. Leprosy
- B. Malaria
- C. Polio**
- D. Diabetes

18. Prophylaxis for Hepatitis B includes:

- A. Preventing constipation
- B. Screening of blood donors**
- C. Avoiding shellfish in the diet
- D. Limiting hepatotoxic drug therapy

19. Which of the following is a symptom of hypertension?

- A. Low blood pressure
- B. High blood pressure**
- C. Low heart rate
- D. High blood sugar

20. What is the first step in treating a burn?

- A. Apply ointments or creams
- B. Cover the burn with a sterile dressing
- C. Cool the burn with running cold water**
- D. Give the painkillers

21. Choice of treatment of infant's hernia is:

- A. Truss
- B. Hemiorrhaphy
- C. Hemioplasty
- D. Herniotomy**

22. A hernia occurs when:

- A. A bone is fractured
- B. A blood vessel is ruptured
- C. An internal organ protrudes through a weak spot in the muscle or tissue**
- D. There is inflammation of the appendix

23. What is the primary purpose of antihypertensive drugs?

- A. To lower blood pressure**
- B. To increase blood pressure
- C. To lower blood sugar
- D. To increase blood sugar

24. What does the "Rx" stand for in pharmacy?

- A. Prescription**
- B. Refill
- C. Medication
- D. Pharmacist

25. What is the primary goal of inventory management in a pharmacy?

- A. To eliminate the need for ordering medications frequently
- B. To increase the cost of medications for higher profit
- C. To minimize stockouts and reduce wastage while maintain adequate supply**
- D. To ensure the pharmacy has an adequate supply of all medicines

D. To ensure the pharmacy has an adequate supply of all medicines

26. What is the primary barrier to health communication in rural areas?

- A. Lack of technology
- B. Cultural beliefs**
- C. High literacy rates
- D. Urbanization

27. The most sensitive indicator for health status of the country is:

- A. MR
- B. CDR
- C. MMR**
- D. TFR

28. Which of the following is an example of a health-related taboo in some cultures?

- A. Avoiding vaccines due to cultural beliefs**
- B. Drinking herbal tea for relaxation
- C. Exercising daily for good health
- D. Eating fruits and vegetables

29. What is the primary purpose of in-service training for health workers?

- A. To reduce healthcare costs
- B. To improve the skills and knowledge of health workers**
- C. To improve attraction in the health sector
- D. To increase hospital beds

30. What is the primary purpose of recording and reporting in healthcare?

- A. To reduce healthcare cost
- B. To monitor and evaluate healthcare services**

C. To promote urbanization

D. To increase hospital beds

31. प्रदेश प्रमुख को मीयुक्ति कसले गर्छ ?

A. नेपाल सरकार

B. प्रधानमंत्री

C. राष्ट्रपति

D. प्रदेश मंत्री परिषद

32. नेपालको संविधानले तोकेको नागरिकका कर्तब्यहरु कति रहेको छ ?

A. ३

B. ६

C. ४

D. ८

33. प्रदेश निजामती सेवा ऐन, २०१९ (कोशी प्रदेश) अनुसार देहायका मध्य कस्तो अवस्थामा कर्मचारी बढुवाको लागि संभावया उम्मेदवार हुनुपर्छ ?

A. निलमबन भएको अवधिभर

B. बढुवा रोकका भएको अवधिभर

C. अध्ययन बिदा बसेको अवधिभर

D. माथिका सबै

34. कोशी प्रदेशको निजामती सेवा ऐन, २०७९ भित्र तलका मध्ये कुन सेवा पर्दैन ?

A. प्रदेश प्रशासन सेवा

B. प्रदेश शिक्षा सेवा

C. प्रदेश बन सेवा

D. प्रदेश न्याय सेवा

35. स्थानीय सरकार सेवा (गठन तथा संचालन) ऐन, २०८० (कोशी प्रदेश) अनुसार स्थानीय सरकारी सेवालार्ई समावेशी बनाउन आरक्षण को लागि छूटीआइएको पद को कति प्रतिशत थारु जातीलाई छुटयाइएको छ ?

A. ७%

B. ६%

C. ५%

D. ४%

36. स्थानीय सरकार सेवा (गठन तथा संचालन) ऐन, २०८० (कोशी प्रदेश) अनुसार स्थानीय सरकार सेवाको कर्मचारी पद दर्ता काहागर्नु पर्ने बवस्था छ रहेको छ ?

A. संबंधित स्थानीय तह

B. प्रदेश किताबखानामा

C. मुख्य मंत्री तथा मंत्री परिषद को कार्यालय

D. राष्ट्रीय किताबखाना

37. नया गरिक बडापमा देहाय का कुन विषय समावेश गरिदैन ?

A. सेवा प्राम गारी लामे दुतुर

B. सेवा प्राम गारी लामे समयाची

C. सम्बन्धित कार्यालयले दिएको सेवा र रसडको प्रकृति

D. सेवा प्रदान गर्ने कर्मचारी को ब्यक्तिगत बिबरण

38. कोशी प्रदेश लोक सेवा आयोगको बैठकको निर्णय कसले प्रमाणित गर्छ?

- A. अध्यक्ष
- B. अध्यक्ष बाहेक सदस्यहरु
- C. प्रमुख सचिव

D. आयोगका सचिव

39. प्रदेश लोक सेवा आयोगको वार्षिक प्रतिवेदन आ.व. समाप्त भएको कति समयभित्र पेश गर्नुपर्छ?

- A. २ महिनाभित्र प्रदेश प्रमुख समक्ष
- B. ७ महिनाभित्र मुख्यमन्त्री समक्ष
- C. २५ दिनभित्र प्रदेश प्रमुख समक्ष
- D. २५ दिनभित्र मुख्यमन्त्री समक्ष

40. प्रदेश लोक सेवा आयोग ऐन, २०७५ (कोशी प्रदेश) अनुसार आयोगको अन्तिम फैसला कार्यान्वयन गर्ने निकाय कुन हो?

- A. प्रदेश लोक सेवा आयोग कार्यालय
- B. प्रदेश तहसिल कार्यालय
- C. आर्थिक मामिला तथा योजना मन्त्रालय
- D. महालेखा परीक्षकको कार्यालय

41. What is the oxygen content of the saturated arterial blood?

- A. 11 ml/100 ml
- B. 14 ml/100 ml
- *C. 20 ml/100 ml*
- D. 23 ml/100 ml

42. Which of the following is a long bone?

A. Femur

B. Carpal bone

C. Vertebra

D. Sternum

43. What is the main purpose of a community diagnosis?

A. To identify health problems and needs in a community

B. To prescribe medications

C. To provide emergency medical care

D. To build more hospitals

44. Which of the following conditions is a demotivator?

A. Worse leadership

B. Communication

C. Cultural encouragement

D. Competitive salary

45. What is the primary goal of a school health program?

A. To examine the health of teachers and students

B. To ensure students have access to education on health and well-being

C. To promote physical fitness through sports

D. To provide the medicines for students and teachers

46. Boils are caused by:

A. Staphylococcus aureus

B. Staphylococcus

C. Pneumococci

D. E. coli

47. Which of the following is NOT a common data source for epidemiological investigations?

- A. Surveillance system
- B. Hospital records
- C. Census data

D. Personal opinions of individuals

48. Water-borne hepatitis is:

- A. Hepatitis B
- B. Hepatitis C
- C. Hepatitis D

D. Hepatitis E

49. Which organ is responsible for drug metabolism in body?

A. Liver

- B. Kidney
- C. Pancreas
- D. Spleen

50. The most important electrolyte of intracellular fluid is:

- A. Sodium
- B. Calcium

C. Potassium

D. Chloride